

März 2025

| Sonntag | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|--|--|-----------------------------------|---|---|---|-----------------------------|
| | | | | | | 1 11:00 Reformer Pilates |
| lila= Feiertag blau = Vertretung grün = NEU! | orange = Zeitumstellung pink = Ortumstellung * = in Freiburg braun = Ferien | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Ferien | Ferien | Ferien | Ferien | Ferien | Ferien | Ferien |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Ferien | 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training | 17:30 Yoga 18:45 Matte Pilates | 9:00 Circuit Pilates 10:30 Matte Pilates 12:15 Reformer Pilates 13:20 Reformer Pilates | 13:00 Pilates (PHYSIOhoch2, Heitersheim) 17:45 PilatesGroovin' | *15:30 Contemporary Jazz für Teens *16:30 Pilates | 11:00 Reformer Pilates |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| 30 | 31 | | | | *16:30 Pilates | |
| | 12:15 Reformer Pilates 13:20 Reformer Pilates 17:45 Männer Training | | | | | |